

LIVEWELL



FALL 2018

WHAT'S INSIDE

p. 4 New wellness coaching service

p. 5 5 tips to avoid holiday weight gain

FEATURED STORY

p. 6 Life after joint replacement:
Why physical therapy is key

CALENDAR OF EVENTS

October 20: Sushi for Sweetest Day

November 15: Instant Pot, Instant Success

December 11: Guilt-free Holiday Baking

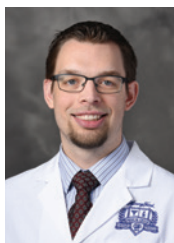
January 17: Good Moods and Comfort Foods



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



THE DANGERS OF ONLINE SELF-DIAGNOSIS



**SEAN VANCE,
M.D.**

THE INTERNET IS AN ENDLESS SOURCE OF INFORMATION AND, FOR MANY OF US, OUR FIRST GO-TO FOR JUST ABOUT EVERYTHING WE WANT TO KNOW. IT IS ALSO A TEMPTING TOOL FOR MEDICAL SELF-DIAGNOSIS, BUT YOU SHOULD BE CAREFUL.

“The wealth of medical information we have at our fingertips can be empowering, but we need to be really choosy about the sources we are using – especially when searching topics like cancer, stroke and heart attack,” says Henry Ford radiation oncologist, Sean Vance, M.D.

If you can’t resist searching your symptoms online, you may find the following tips helpful:

- Sources at the top of your search results are usually paid advertisements and may not be the best choice.
- Begin with HenryFord.com to learn about conditions and diseases we treat, medical tests for diagnosis and treatment options.
- Checking multiple sources is usually a wise move. Visit other trusted health care sites, such as Mayo Clinic or FamilyDoctor.org for general health information.
- Avoid sites with community-sourced content, such as Wikipedia. The information may not come from qualified professionals or may be out of date.

- Look for government-sponsored health resources, such as the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH) or the World Health Organization (WHO).
- Consider the potential biases of the website you are visiting. Do they accept outside advertising that may influence content? Are they trying to sell you a product? View these sites with a critical lens.

THE BENEFITS OF ONLINE HEALTH INFORMATION

While speaking with a health care professional is always the best way to find out about your symptoms, there are times when online resources can be valuable for finding health condition information.

“Once you have a professional diagnosis, you can use trusted sites to learn more about your condition,” Dr. Vance says.

Online support groups can provide relationship-building and information-sharing opportunities. They can be an ongoing source of support from others who share your experience.

Dr. Vance cautions that no matter how reliable the source, it is never a substitute for medical advice from your doctor.

To schedule an appointment with your primary care provider or find a doctor, visit HenryFord.com/PrimaryCare or call 1-800-HENRYFORD (436-7936).

A Message FROM THE CEO



THE HOLIDAYS ARE UPON US, and the experts at Henry Ford are here to help you stay on track and maintain

your health and wellness goals throughout the season. On page 5, learn how to avoid overindulging in the wrong types of foods over the holidays.

When adults sense a health problem, it’s easy to look online for more information, but it shouldn’t replace qualified medical advice. See story at left to learn how to research conditions safely.

On page 6, learn how physical therapy is a critical part of the healing process after joint replacement. And finally, don’t forget to take a look at the array of healthy cooking classes offered now through the end of the year.

For more information on clinical services and programs available at Henry Ford West Bloomfield Hospital, visit HenryFord.com/WestBloomfield.

Wishing you a healthy, happy holiday season.

Lynn M. Torossian

President and CEO
Henry Ford West Bloomfield Hospital

Have a health issue that you want to tackle, **BUT NOT SURE WHERE TO START?**

CONSIDER HENRY FORD'S NEW WELLNESS COACHING SERVICE.

Health and wellness coaching is becoming more and more popular as patients find out how trained Wellness Coaches can guide them in achieving lasting improvements to their well-being. Wellness Coaching takes place over the course of 12 weekly sessions, conveniently by phone. Your coach will help you create a personalized wellness plan and put it into action. The cost for the program is \$250 for a 12-session package.

Call (313) 874-6273 or visit [HenryFord.com/wellnesscoach](https://www.henryford.com/wellnesscoach) to find out more.

What can I eat – **COOKING FOR DIABETICS**

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH. If you or a loved one is suffering from this condition, join us on Thursday, Nov. 8 from 6 to 8 p.m. in the Demonstration Kitchen as Henry Ford experts teach you how to stay on track and maintain your blood sugar levels over the crazy holiday months. As the holiday season begins, carbs and sugar-filled foods tend to be part of every celebration. Following a healthy diet can be challenging, but there are plenty of diabetic-friendly dishes brimming with seasonal flavors that the whole family can enjoy.

Cost: \$20 per person or two for \$30. Call (248) 325-3890 to register.

Free **E-NEWSLETTER**

ARE YOU INTERESTED IN FINDING OUT WHAT'S HAPPENING at Henry Ford West Bloomfield Hospital? Get connected and sign up for our **FREE** monthly health e-newsletter featuring health and wellness articles, classes and events, special offers and more.

Visit [HenryFord.com/WBENEWS](https://www.henryford.com/WBENEWS) to sign up today.



5 TIPS TO AVOID HOLIDAY WEIGHT GAIN

STARTING WITH THAT BOWL OF HALLOWEEN CANDY, THIS TIME OF YEAR INCLUDES LOTS OF FAMILY GATHERINGS AND INDULGING IN HOLIDAY TREATS.

You should still enjoy your favorite seasonal foods – but that doesn't mean you have to gain weight.

1. DON'T SKIP MEALS. Conserving calories doesn't work and can lead to poor decisions and overeating.

2. FUEL YOURSELF THROUGHOUT THE DAY. Eat lean proteins, fruits, veggies and complex carbohydrates to keep you full.

3. STICK TO A WORKOUT ROUTINE.

4. AVOID ALCOHOL. Alcohol contains more calories than people realize.

5. THINK TWICE ABOUT SECONDS. Slow down your eating. Drink water while your stomach digests.

For more advice on how to live a healthier lifestyle, visit [HenryFord.com/WBENEWS](https://www.henryford.com/WBENEWS) and subscribe to our monthly Health E-newsletter packed with info on cooking classes, clinical topics, recipes, wellness tips and more.

GLUTEN-FREE GINGERBREAD GRANOLA

14 SERVINGS (1/4 CUP EACH)

INGREDIENTS:

3 1/4 cups gluten-free rolled oats
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon allspice
1/8 teaspoon nutmeg
1/8 teaspoon ground cloves
1/4 cup dark brown sugar, packed
1/4 cup canola oil
2 Tablespoons molasses
1/2 Tablespoon vanilla extract

INSTRUCTIONS:

Preheat oven to 275 degrees. Combine oats, cinnamon, ginger, allspice, nutmeg and cloves in a bowl. Set aside. In a microwave-safe bowl, combine brown sugar, canola oil and molasses. Microwave on high until bubbly (about 45 seconds). Add vanilla to liquid mixture and stir. Pour liquid over oat mixture and stir. Spread in a thin layer on baking sheet(s). Bake for 15 minutes. Remove from oven, stir, spread again in thin layer and bake for 15 minutes. Cool completely before transferring to an airtight storage container.



LIFE AFTER JOINT REPLACEMENT: WHY PHYSICAL THERAPY IS KEY

IF YOU GET A JOINT REPLACED, YOU MIGHT THINK YOUR MOBILITY WOES WILL BE HISTORY. THE REALITY IS, YOUR NEW JOINT NEEDS CONTINUED ATTENTION AND CARE TO FUNCTION NORMALLY.

“Today’s hip and knee replacement prosthetics use innovative plastics and metals that are more durable, dependable and longer lasting,” says Laura Agemak, MPT, a physical therapist at Henry Ford Health System. “But even with high-tech materials and minimally invasive procedures that speed up recovery time and reduce the risk of infection, proper rehabilitation is still a critical part of a successful joint replacement – no matter what your age and mobility status.”

WHY IS REHABILITATION A CRITICAL PART OF A SUCCESSFUL JOINT REPLACEMENT?

Getting up and moving soon after joint replacement surgery is key to a successful outcome. It also helps prevent life-threatening complications, such as blood clots. Both physical and occupational therapists will see you in the hospital after surgery and begin a mobilization and exercise program before discharge. The goal is to get patients up and moving the same day as surgery.

WHAT DOES REHABILITATION AND MOBILIZATION LOOK LIKE?

Once discharged, you’ll usually get two to three weeks of in-home physical therapy to ensure you can meet range-of-motion and strength targets. Three weeks after surgery, you will likely begin outpatient treatment with weekly appointments. On average, joint replacement patients participate in five to seven physical therapy visits.

WHAT SHOULD YOU EXPECT FROM REHABILITATION?

You will experience pain following surgery, but it will gradually decrease over time. A physical therapist will talk to you about your recovery, goals and medical history while assessing your range of motion and strength. We develop a plan of care that matches your goals.

Every patient is unique and physical therapy should be tailored to each person’s needs. Patients who do not complete rehabilitation may experience prolonged pain, and stiffness and swelling of the joint. Outpatient physical therapy will help you achieve your goals in an acceptable time frame.

To find a doctor or physical therapist, or to learn more about joint replacement options at Henry Ford West Bloomfield Hospital, visit [HenryFord.com/JointReplacement](https://www.henryford.com/jointreplacement) or call 1-800-HENRYFORD (436-7936).



FIND A HENRY FORD PHYSICAL THERAPY LOCATION NEAR YOU

The dedicated rehabilitation team at Henry Ford uses a multidisciplinary approach to physical therapy, combining exercise and strength training with manual therapy and specialized services to develop an individualized treatment plan that meets your unique needs. Henry Ford offers several convenient physical therapy locations throughout Oakland County, including Henry Ford West Bloomfield Hospital, Henry Ford Medical Center – Columbus, Henry Ford Medical Center – Novi and Henry Ford Medical Center – Livonia.

Visit [HenryFord.com/PhysicalTherapy](https://www.henryford.com) to request an appointment today.



READY TO QUIT TOBACCO? HERE'S HOW TO START

EVERY YEAR IN NOVEMBER, THE AMERICAN CANCER SOCIETY ENCOURAGES PEOPLE ACROSS THE NATION TO QUIT SMOKING DURING THE GREAT AMERICAN SMOKE OUT EVENT. By quitting – even for 1 day – smokers take an important step toward a healthier life and reducing their cancer risk. Did you know how quickly your body begins to recover?

- **AFTER 20 MINUTES:** Your heart rate and blood pressure drops.
- **AFTER EIGHT HOURS:** The carbon monoxide level in your blood drops to normal.
- **AFTER TWO WEEKS – THREE MONTHS:** Your circulation improves and lung function increases.
- **AFTER ONE – NINE MONTHS:** Coughing, sinus congestion, shortness of breath and fatigue decrease.
- **AFTER ONE YEAR:** The risk for heart disease is half that of a smoker's.
- **AFTER FIVE YEARS:** The risk for cancer of the lung, mouth, throat and esophagus is half that of a pack-a-day smoker.
- **AFTER 10 YEARS:** The risk of dying from lung cancer is the same as that for people who never smoked.
- **AFTER 15 YEARS:** The risk of heart disease is no higher than the risk for people who never smoked.

SET UP A PERSONAL QUIT PLAN



Ready to quit?
Learn more at
HenryFord.com/tobaccofree. Click on "Freedom from Smoking."



Calendar of **EVENTS**

HEALTHY COOKING CLASSES

Cooking classes are held in the Demonstration Kitchen and are designed to help you learn about the importance of health, wellness and nutrition.

Call (248) 325-3890 to register for classes or visit HenryFord.com/DK.
Registration is required for all cooking classes.

Sushi for Sweetest Day: Couple's Date Night

SATURDAY, OCT. 20
5-7 P.M.

\$40 per couple, space is limited.

Cooking with Diabetes: "What Can I Eat?"

THURSDAY, NOVEMBER 8
6-8 P.M.

Cost: \$20 per person or two for \$30.

Instant Pot, Instant Success

THURSDAY, NOVEMBER 15
6:30-8 P.M.

Cost: \$20 per person or two for \$30.

Guilt-Free Holiday Baking

TUESDAY, DECEMBER 11
6:30-8 P.M.

Cost: \$20 per person or two for \$30.



Good Moods and Comfort Foods

THURSDAY, JANUARY 17
6-8 P.M.

FREE

HEALTH & WELLNESS

Creative Expressions for Caregivers

Designed for anyone who cares for the needs of a loved one. Use drawing, painting and other creative outlets to help relieve the stress and worry that come with caregiving.

SECOND MONDAY OF EVERY
MONTH

10-11:30 A.M.

RAVITZ FOUNDATION MAIN
ATRIUM

Cost: \$10

*Registration required. Email Shawn
Bennis at sbennis1@hfhs.org*

Caregiver Support Group

Open to anyone caring for a loved one. Offering resources, information and support. Facilitated by an experienced social worker.

SECOND MONDAY OF EVERY
MONTH

6 P.M.

PRIVATE DINING ROOM
(NEAR HENRY'S CAFÉ)

FREE

Registration not required.

Art Therapy Open Studio

Guided by an art therapist, cancer survivors and their family members will use drawing, painting and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis.

FIRST FRIDAY OF THE MONTH
11 A.M.-12:30 P.M.

OCTOBER THROUGH DECEMBER
ATRIUM

FREE

*Call (248) 344-6696 for more
information.*

Metabolic & Bariatric Surgery Informational Seminar

Learn more about the Henry Ford bariatric program from our multidisciplinary team of psychologists, dietitians and exercise physiologists. Open to general public and physician referred patients.

SECOND TUESDAY OF EVERY
MONTH

6-7 P.M.

FREE

*Registration required. Call
(248) 325-1355. Visit HenryFord.com/bariatricseminar for more info.*



FREE Blood Pressure Screening

EVERY TUESDAY

1-2:45 P.M.

LOCATION: WEST ENTRANCE

*Check-in at front information desk.
Walk-in, no registration required.*

Breast Cancer. A Second Opinion.

AND THE GENETIC TESTING THAT SAVED LYNN'S LIFE.

Lynn Walkuski
Breast Cancer Survivor

HENRY FORD CANCER INSTITUTE. With a cancer diagnosis, it's critical to seek out the best team for your treatment. As a national leader in Precision Medicine, our breast cancer experts personalize treatments to your genetic makeup and the DNA of your tumor. If you're facing a breast cancer diagnosis, come to us for a second opinion and accelerated care. We have convenient locations across southeast Michigan. And you'll meet every expert on your breast cancer team immediately in one visit. Just like Lynn did. Read more about Lynn's story and connect with a breast cancer expert.



[HenryFord.com/BreastCancerExperts](https://www.henryford.com/BreastCancerExperts)



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**
6777 W Maple Road
West Bloomfield Township, MI 48322

LIVEWELL IS PUBLISHED by
Henry Ford Health System.

The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor. Henry Ford provides interpreters and other services for the deaf and hard of hearing. **Call (313) 916-1896 to request assistance.**

Connect with us at [HenryFord.com](https://www.henryford.com).

